



MONDAY	TUESDAY	WEDNESDAY	THURSDAY 💯	FRIDAY
2 Grape Juice Vegetable Lasagna San Francisco Vegetable Green Salad Ice Cream Whole Grain Bread Milk	3 BBQ Pork Sandwich Peas & Carrots Marinated Tomato Salad Pineapple Chunks w/ Mandarin Oranges Whole Grain Bread Milk	4 Orange Juice Turkey Meatballs w/ Italian Sc Pasta Winter Squash Green Salad Brownie Whole Grain Bread Milk	5 Baked Fish w/ Spanish Sc Sweet Potato Normandy Vegetables Bean Salad Fruit Compote Whole Grain Bread Milk	6 Chicken Vegetable Soup Crackers Greek Chicken Salad Fresh Orange Whole Grain Bread Milk
9 Roasted Pork Banana Squash 4 Bean Salad Peas & Onions Mandarin Oranges Whole Grain Bread Milk	10 Apple Juice Roast Beef or Crispy Fish Baked Potato Carrots Cole Slaw Ice Cream Whole Grain Bread Milk	11 Vegetable Bean Soup Crackers Stir Fry Chicken Brown Rice Fresh Orange Milk	12 Beef Enchilada Casserole Italian Vegetables Marinated Tomatoes Banana Milk	13 Crispy Fish or Orange Glazed Chicken Rice Pilaf Fresh Spinach Salad Broccoli Melon Medley Whole Grain Bread Milk
16 Salisbury Steak Fresh Baked Sweet Potato Peas Carrot Salad Fresh Fruit in Season Whole Grain Bread Milk	Orange Juice Corned Beef Red Potatoes Green Cabbage Green Salad White Cake w/ Green frosting Biscuit Milk	18 Apple Juice Beef Chili Carrots Coleslaw Oatmeal Cookie Cornbread Milk	19 Chicken Tostada or Chicken Enchilada Spanish Rice Black Beans Lettuce/Tomato Fresh Orange Milk	20 Minestrone Soup Vegetable Lasagna San Francisco Veg Peaches Whole Grain Bread Milk
23 Roast Turkey, Gravy and Cranberry Sauce Stuffing Normandy Vegetables Tossed Salad Honeydew Whole Grain Bread Milk	24 Pineapple Juice Meatloaf w/ Spanish Sc Sweet Potato Peas 3 Bean Salad Ice Cream Whole Grain Bread Milk	25 Vegetable Barley Soup Herb Roasted Chicken Brown Rice Normandy Vegetables Fresh Fruit Whole Grain Bread Milk	26 Tilapia Scampi Style Red Potatoes San Francisco Veg Mixed Green Salad Melon Medley Whole Grain Bread Milk	27 Vegetable Split Pea Pinwheel Sandwich or Tuna Salad Crackers Beet Salad Mandarin Oranges Milk
30 Apple Juice Cabbage Roll Mashed Potato Corn Spinach Salad Canned Pears Whole Grain Bread Milk	31 Chicken & Wild Rice Polynesian Chicken Salad Spinach & Romaine Birthday Cake Whole Grain Bread Milk	1 Orange Juice Beef Stew Red Potatoes Carrots Coleslaw Ice Cream Biscuit Milk	Baked Ziti Casserole Cauliflower & Broccoli Caesar Salad Fresh Banana Garlic Bread Milk	3 Grape Juice Crispy Fish or Roast Pork w/ Gravy Sweet Potato Peas Green Salad Apple Whole Grain Bread Milk

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**	TUESDAT	WEDNESDAT			
30	37	1	2	6 Grape Juice	
Apple Juice	Chicken & Wild Rice	Orange Juice	Baked Ziti Casserole Cauliflower & Broccoli	Crispy Fish or Roast Beef	
Cabbage Roll	Polynesian Chicken	Beef Stew	Caesar Salad	w/ Gravy	
Mashed Potato	Salad	Red Potatoes	Fresh Banana	Sweet Potato	
Corn	Spinach & Romaine	Carrots	Garlic Bread Milk	Peas	
Spinach Salad	Birthday Cake	Coleslaw	WIIK	Green Salad	
Canned Pears	Whole Grain Bread Milk	Ice Cream		Apple	
Whole Grain Bread	MIIK	Biscuit		Whole Grain Bread	
Milk		Milk		Milk	
6	7	8	9	10	
Grape Juice	BBQ Pork Sandwich	Orange Juice	Baked Fish w/ Spanish	Chicken Noodle Soup	
Vegetable Lasagna	Peas & Carrots Marinated Tomato Salad	Turkey Meatballs w/	Sauce	Crackers	
San Fran Vegetables Green Salad	Pineapple Chunks w/	Italian Sauce	Normandy Vegetables Sweet Potato	Greek Chicken Salad Fresh Orange	
Ice Cream	mandarin oranges	Winter Squash	Bean Salad	Whole Grain Dinner Roll	
Whole Grain Bread	Whole Grain Bread	Green Salad	Fruit Compote	Milk	
Milk	Milk	Brownie	Whole Grain Bread Milk		
		Whole Grain Bread	WIIK		
		Milk			
13	14	15	16	17	
Roasted Beef w/ Gravy	BBQ Chicken Leg	Apple Juice	Chicken Parmesan	Vegetable Soup	
Baked Potato	Beans	Salisbury Steak w/ Gravy	Spaghetti	Baked Fish w/ Lemon	
Green Beans	Normandy Veg	Mashed Potatoes	Broccoli	Sauce	
Carrot & Raisin Salad	Coleslaw	Red Cabbage	Spinach Salad	Red Roasted Potatoes	
Cantaloupe	Canned Apricots	Mixed Salad Greens	Garlic Sticks	Peas & Carrots	
Whole Grain Bread	Whole Grain Bread	Whole Grain Bread	Peaches	Banana	
Milk	Milk	Carrot Cake	Milk	Milk	
		Milk			
20	21	22	23	24	
Roasted Pork w/ Gravy	Apple Juice	Minestrone Soup	Beef Enchilada	Orange Glazed Chicken	
Banana Squash	Roast Beef or Crispy Fish	Crackers	Casserole	Rice Pilaf	
4 Bean Salad	Baked Potato	Stir Fry Chicken	Italian Vegetables	Fresh Spinach Salad	
Peas & Onions	Carrots	Brown Rice	Marinated Tomatoes	Broccoli	
Mandarin Oranges	Cole Slaw	Fresh Orange	Banana	Melon Medley	
Whole Grain Bread	Ice Cream	Milk	Milk	Whole Grain Bread	
Milk	Whole Grain I Milk			Milk	
27	28	29	30	1	
Salisbury Steak	Hawaiian Chicken	Apple Juice	Chicken Tostada or	Lentil Soup	
Fresh Baked	Brown Rice	Beef Chili	Chicken Enchilada	Crispy Fish	
Sweet Potato	Marinated Tomatoes	Carrots	Spanish Rice	Baked Potato	
Peas	Broccoli	Coleslaw	Black Beans	San Francisco Veg	
Carrot Salad	Cantaloupe	Oatmeal Cookie	Lettuce/Tomato	Peaches	
Fresh Fruit in Season	Whole Grain Bread	Cornbread	Fresh Orange	Whole Grain Bread	
Whole Grain Bread Milk	Milk	Milk	Milk	Milk	